

Smoky Sweet Potato Soup with Bacon



Makes five servings. Each serving has 180 calories, 8 g fat, 8 g protein, 22 g carbohydrate, 3 g fiber and 450 mg sodium.

INGREDIENTS:

- 3 slices smoked bacon, chopped
- 1 medium red onion, chopped
- 2 cloves garlic, minced
- 1/2 tsp. smoked paprika
- 1/2 tsp. kosher salt
- 1/2 tsp. black pepper
- 1/8 tsp. cayenne
- Pinch of red pepper flakes (optional)
- 3 sweet potatoes, peeled and diced
- 4 c. low-sodium chicken broth



Cook bacon in large pot. Transfer to paper towel-lined plate and set aside.



Saute onions in pot until translucent; about 5 minutes.



Add garlic and cook until fragrant; about 2 minutes.



Sprinkle in seasonings.



Add diced sweet potatoes.



Add broth to the pot.



Bring to a boil, reduce heat and simmer until potatoes are tender; about 30 minutes.



Blend soup using a blender or food processor.



Blend until smooth.



Crumble bacon and garnish each bowl.

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